### Talbert, Lilly

From: Talbert, Lilly

**Sent:** Friday, January 17, 2014 4:25 PM

To: Talbert, Lilly

**Subject:** VCW VIEW: January 17

## Paid Family Leave

Vermont Commission's Executive Director Cary Brown served on the Paid Family Leave Study Committee created by <u>Act 31</u> (Equal Pay law). Read the Committee's report <u>here</u>.

-X-

National Women's Law Center

Webinar: Planning for Retirement, Part II: Making the Most of Your Retirement Income Tuesday, January 28, 2014 1:00 PM - 2:00 PM EST

### The webinar will include:

- Information about how to maximize your Social Security benefits, including by delaying claiming benefits
- How to make your retirement savings last
- Resources that can help you make a plan to make the most of your retirement income
- A chance to ask experts your questions

Register <u>here</u>.

<del>x-x</del>

# Farmer's Night Performances at the State House

Wednesday nights at 7:30, free and open to the public

<del>-X-</del>

Film Documentary at VA Medical Center in WRJ VT on January 23rd

Service: When Women Come Marching Home

Presented by The DAV/DAVA and the White River Junction's Women Veterans Task Force 10:00 to 11:00 a.m. - Special reception for female veterans and their family members and friends 11:00 a.m. to 12:00 - Screening of - Service: When Women Come Marching Home 12:00 to 1300 p.m. - Panel discussion with female veterans from all five branches of the military

The White River Junction VA Medical Center recognizes Servicewomen during this, the Year of the Military Woman, which runs from April 1, 2013 through March 31, 2014. As part of the White River Junction VA Medical Center's recognition of the Year of the Military Woman, they have joined with the DAV and DAV Auxiliary to offer a special presentation of the documentary Service: When Women Come Marching Home. Service is a documentary about how a group of returning women Veterans cope with their disabilities while struggling with prosthetics, homelessness, Post Traumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST). The documentary focuses on the large and small accomplishments that the women work mightily to achieve as they provide support to each other and advocate for all women Veterans who face difficulties in receiving benefits and medical care. It shows

the ignorance of our culture through the eyes of those who have served it selflessly and honors the resilience of an amazing group of women who have overcome physical and emotional traumas with an unbroken spirit. It provides an awareness that is critical to help the VA improve its vision of providing excellence in healthcare, research, and education, and to be an organization for which people choose to work. Questions? Contact <u>Bobbie Surott Kimberly</u>, Women Veterans Program Manager, 802-295-9363 x5743.

<del>-X-</del>

It's Vagina Monologues time again!

Eve Ensler's powerful, poignant and often hilarious collection of women's stories. Crafted to engage, entertain, and move both men and women. Find performances around Vermont

<u>Check out Lost Nation Theater's production</u> benefitting the wonderful work of Circle. Thursday February 6, 2014 through Saturday February 8 evenings 7:30 PM and Sunday matinee February 9 (2:00PM).

-X-

Pathways Out of Poverty

Vermont Commission's Executive Director Cary Brown served on the Governor's Council on Pathways Out of Poverty. The Council issued a report with some great recommendations for alleviating poverty in Vermont. <u>Read the report</u>. See the membership list of the Governor's Council on Pathways out of Poverty <u>here</u>. Read the Governor's press release <u>here</u>.

X

Send yourself to Boot Camp

Vermont Works for Women's "Boot Camps for Working Women" provide the professional expertise, women-centered space, and after-work hours to develop capacities and confidence within your personal, career or working life. Join martial arts instructor Kristen Mullins, who hold three black belts, for two Monday evenings, 1/27 and 2/3, to learn:

**Basics of Self-Defense** 

Monday, Jan. 27, 6-8 pm

Learn the basics of self-defense that translate into a powerful persona in the world. The first session covers the use of voice and body language, as well as introductory blocks, releases and strikes that will leave you feeling empowered to claim your space.

Building Your Power Monday, Feb. 3, 6-8 pm

Session two expands on the first, building strength and power in basic self-defense techniques. Discover how transferable these skills are in developing one's voice, presence, self-awareness, and confidence – in the workplace and in relationships with others.

Location: O'Brien Community Center, Winooski, VT

Cost: \$25 per boot camp, or \$45 for both

For more info & to register: http://vtworksforwomen.org/womens-boot-camp/

-X-

Women in the Arts Wednesday, March 12<sup>th</sup>, 12-2 Vermont History Museum

The Vermont Commission on Women teams up again with the Vermont Historical Society to celebrate Women's History Month. Come hear Vermont artists and artisans talk about their experience. This event's goal is to share the accomplishments and perspectives of talented and creative women working in Vermont in a variety of visual media, and to reflect on how their experiences have changed as the role of women has changed in the last half century, particularly in Vermont.

-X-

Women Writing for (a) Change - VT!!!

Spring core groups welcome materials go out this Friday. It's not too late to join in for the tenth anniversary/final semester in our dedicated writing studio in Burlington's South End Arts District:

Tuesday evenings start January 21 and meet 9 alternate weeks from 6 - 9 pm in Burlington; \$295 Thursday mornings start January 23 and meet 9 alternate weeks from 9am - 1pm in Burlington; \$410

Monday Art 'n Writing Nights, 6:30 - 9 at the writing studio in Burlington:

February 3

April 7

May 5

Visit <u>www.womenwritingvt.com</u> for details or to register. Contact <u>womenwritingvt@gmail.com</u> with any questions.

Prison Website: <a href="http://writinginsideVT.com">http://writinginsideVT.com</a>

-X

2014 National Young Feminist Leadership Conference March 29th and 30th, Double Tree Crystal City, DC area

Sponsored by the <u>Feminist Majority Foundation</u>, the 2014 National Young Feminist Leadership Conference will provide young activists with the opportunity to network, grow their knowledge on pertinent domestic and global feminist issues, and fine-tune their organizing methodology. Join young feminist activists from around the nation as we discuss issues including (but definitely not limited to) reproductive justice, eco-feminism, intersectionality and identity-based activism, campus organizing tactics and methods, violence against women, ballot measures and political organizing, social media and web-based activism, and global women's rights and health. Learn more.

-X-

Go Red for Women

Sheraton Burlington Hotel and Conference Center, 870 Williston Road, Burlington

### Thursday February 14, 9:30-2

Our 7th annual Go Red For Women® Luncheon will empower women with knowledge and tools to reduce their risks for heart disease and stroke--and protect their health. This special event, filled with fun and educational opportunities, is a great day to share with friends. The luncheon will feature educational breakout sessions, a silent auction, exhibits, a luncheon speaker, a special appeal, and a heart-healthy lunch. <u>Learn more.</u>

<del>-</del>X-

Learn the warning signs of a heart attack here.

-X-

Mark your calendars for the afternoon of Wednesday, April 9<sup>th</sup> and plan to join the Commission for a special celebration at the State House with keynote speaker Governor Madeleine Kunin and Governor Shumlin. Stay tuned to VIEW for more details.

\*\*

Vermont Commission on Women (VCW)
VIEW Message – Vermont Information Exchange for Women
126 State Street, Montpelier, Vermont 05633-6801
800-881-1561 | women.vermont.gov | Find us on Facebook
Celebrating 50 Years of Progress | 1964 - 2014

Share your VIEW: forward this email to colleagues who share your interest in improving the lives of Vermont women and girls. | Get the VIEW: it's easy! Reply to this message and include "subscribe" in the subject heading. | Missed a VIEW? Find recent VIEW messages on our website: <a href="https://www.women.vermont.gov">women.vermont.gov</a>. | To unsubscribe: reply and add the word "unsubscribe" in the subject heading.